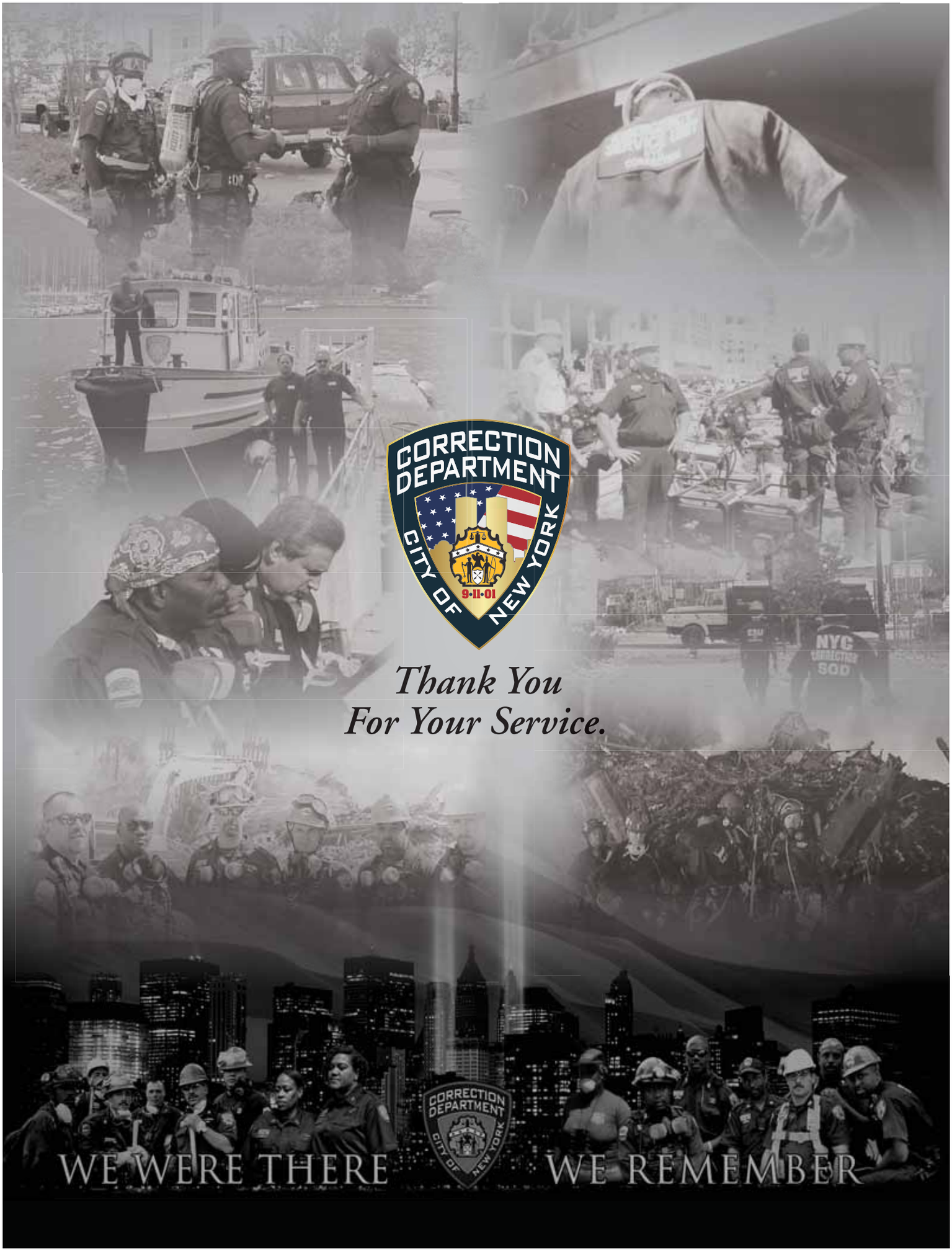
Each year on 9-11 at DOC we join America in paying tribute to those who lost their lives and honor those who were instrumental in the rescue and recovery effort. This was a terrible and painful day but it was also a day that brought America together.

Moments after the Towers fell, DOC mobilized an emergency response plan, rallying hundreds of uniformed and non-uniformed employees to help in the City's rescue effort at Ground Zero. And what an effort it was. I am so proud of all that you did. You worked hand-in-hand with the courageous members of the FDNY, NYPD and other agencies. Your actions would serve as a powerful link, tying us to our fellow first responders and cementing your legacy as heroes.

Eighteen years later, we have not forgotten. We never will.

Thank you for your service.

Commissioner, Cynthia Brann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GEENA DAVIS

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PHOTO ILLUSTRATION GETTY IMAGES

4 THINGS TO KNOW

Metro's Weather Report

NOAA-NATIONAL WEATHER SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
72° | 64°	75° | 67°	82° | 71°	82° | 65°	73° | 65°
Mostly Sunny	Mostly Sunny	Partly Sunny then Chance T-storms	Mostly Sunny	Mostly Sunny

Former South Carolina Congressman Mark Sanford to challenge Trump in GOP primary

Two-term governor is third Republican to mount a campaign against Trump.

Former South Carolina Congressman and Gov. Mark Sanford. REUTERS

Former South Carolina Congressman Mark Sanford will challenge President Donald Trump in the Republican Party primary, he announced on Sunday in an interview with Fox News.

"I'm here to tell you now that I am going to get in," Sanford said on Fox News Sunday, adding that he will formally launch his bid for the party's 2020 White House nomination in South Carolina later this week.

He becomes the third Republican to enter the race to challenge Trump, who remains popular within the Republican Party.

Former Massachusetts Gov. Bill Weld and former U.S. Rep. from Illinois Joe Walsh have also launched long-shot campaigns, but neither candidate has gained traction.

Sanford, 59, a longtime Trump critic, lost his seat in the House of Representatives last year after he was challenged by a Trump supporter in the Republican primary.

Also a former two-term governor of South Carolina from 2003 to 2011, Sanford will not be able to compete in his state's own Republican primary after the South Carolina Republican Party executive committee voted on Saturday not to hold one to save more than $1.2 million and pave the way for Trump's re-election.

Sanford told Reuters by phone on Sunday that he was disappointed in South Carolina Republicans' decision.

> **"This debate is much bigger than South Carolina."**
>
> Former S.C. Congressman Mark Sanford

"In raw political terms, it's a hurt because in 25 years of politics, you get to know a lot of people. A primary is helpful for campaign organizing and fundraising," Sanford said.

He said government spending, budget deficits and the national debt will be the "epicenter" of his campaign, issues that had traditionally been central to the Republican Party.

He added that he hopes his run will force a discussion about trade protectionism, the future of conservative politics, culture, the balance of powers in the government and the tone of political speech.

"This debate is much bigger than South Carolina," he said. "It's a national debate we hope to foster in the country at large."

Sanford's term as governor was marked with scandal when he went missing after telling staff that he had left the state to hike the Appalachian Trail. Instead, he had traveled to Argentina to meet with his mistress, which he admitted in a news conference hours after returning.

He served two stints in Congress. First, before being elected governor, he served in the U.S. House from 1995 to 2001. After leaving the governor's office, he was elected to a second stint from 2013 to 2019. REUTERS

Director of MIT's Media Lab resigns over Epstein scandal

2 The director of the Massachusetts Institute of Technology's Media Lab stepped down on Saturday after a New Yorker magazine article revealed the lab tried to conceal donations from disgraced late financier Jeffrey Epstein, the university said. "This afternoon, Joi Ito submitted his resignation as Director of the Media Lab and as a professor and employee of the Institute," MIT President Rafael Reif said in a letter posted online. Ito could not be reached for immediate comment. The New York Times and New Yorker reported he said in an internal email, "After giving the matter a great deal of thought ... I think that it is best that I resign... effective immediately." Last month, Reif said the elite university would review its process for accepting donations after taking about $800,000 from foundations controlled by Epstein, who committed suicide while in jail awaiting trial on sex-trafficking charges. REUTERS

FBI seeks evidence in CA dive boat fire that killed 34

3 Federal and local investigators on Sunday carried out search warrants involving the owners of a diving boat that caught fire off the California coast in the middle of the night last week, killing 34 people. Agents from the FBI, the Bureau of Alcohol, Tobacco and Firearms, the U.S. Coast Guard and the Santa Barbara Sheriff's Office searched the offices and two additional vessels owned by Truth Aquatics of Santa Barbara, owner of the Conception, on which the deadly blaze occurred last Monday, FBI spokeswoman Laura Eimiller said. Little is known about what caused the fire to erupt or why no one below deck was able to escape. The FBI's involvement indicates that authorities are conducting a criminal investigation in the case. The only survivors — the captain and four crew members — were on deck when the flames erupted shortly after 3 a.m. and were able to escape. REUTERS

Bosnians march in first Gay Pride under tight security

4 Several thousand people marched in Bosnia's first Gay Pride on Sunday, protected by a major security operation including anti-sniper units after some conservative Muslim groups organized counter-rallies. The parade in the capital Sarajevo ended peacefully despite fears of violence prompted by aggressive hate speech online in a country where anti-gay sentiment can often be heard in public. "I have always thought that basic human rights should exist for all and when I saw all those hate comments against the Pride march, I felt it was my obligation to come and show support," said Sanja, 54, from Sarajevo, who joined the march with her husband. More than 1,000 police officers secured the event, shielding the walking area with fences and concrete blocks. Anti-sniper units were placed on the roofs of buildings along the main route in the city center. REUTERS

VARICOSE vs. SPIDER VEINS:
HOW TO KNOW THE DIFFERENCE AND TREAT THEM

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In our busy lives, we often ignore our single most important asset: our body.

We put off dealing with certain health issues, and make excuses for not seeing a doctor year after year. One common example of such issues is our circulation. While abnormalities in the heart or brain are likely to be noticed, similar problems in our legs can often be ignored. Venous insufficiency of the lower extremities is one of the most common silent killers.

The gradual progression of venous insufficiency makes it easy to attribute to just "getting older". By the age of 50, this disease affects nearly one out of each three people. Varicose and spider veins are well known symptoms of venous insufficiency. Yet, many people don't understand the difference or how to get them treated the right way.

1. How do they look?

Varicose veins are enlarged, twisted, bulging veins over five millimeters in diameter. They can be seen and felt with a finger through the skin. They can be of skin color or an entire range of colors from blue to green depending on thickness of the skin and other factors. Spider veins are a much smaller variety of the same origin. They are small, usually less than five millimeters in diameter, ranging from blue to purple in their color. They can rarely be felt through the skin. Both conditions often correspond to areas of heaviness, pain or tenderness, itchiness or burning.

2. What do they mean?

Varicose veins are always a symptom of a more serious venous abnormality called "venous insufficiency". Left untreated, they eventually lead to certain complications. Both varicose and spider veins can rupture and bleed, however, only varicose veins can form blood clots, also known as "thrombophlebitis". If this compounds, venous insufficiency, can cause other complications, such as trophic ulcers, infection, swelling, and even skin cancer.

3. How are they being treated?

The best treatment for varicosities is their closure with an endovenous laser - an intervention during which the laser is placed inside of your vein through a needle. Spider veins are best treated with so-called percutaneous laser - a needleless procedure where the light of laser collapses the veins through the intact skin. Both of the above are minimally uncomfortable and provide you with permanent results. There are no physical restrictions after either procedure and you can be back on your feet the same day.

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Firefighter walks through the rubble of the World Trade Center after it was struck in a terrorist attack. GETTY IMAGES

9/11 Illnesses continue to kill first responders

Nearly two decades later, first responders are still suffering from the aftermath of 9/11.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Eighteen years after the Sept. 11 attacks, first responders are still suffering the health effects of the tragedy.

ABC reported that the 9/11 aftermath has killed 10 times as many police officers in the years after the attack than the attack itself. The initial attack took the lives of 23 members of the NYPD.

Since then, the NYPD has lost 241 members to 9/11-related illnesses.

NYPD are not the only first responders to lose members. FDNY has lost 202 members as a result of 9/11-related illnesses in the aftermath of the tragedy. According to ABC, they have lost 22 members since last year.

The responders who died in the past year will reportedly be added to the FDNY World Trade Center Memorial Wall.

The most common killer of 9/11 first responders has been cancer; however, research has now linked high exposure to 9/11 dust with long-term risks cardiovascular disease.

A new study published Friday in the Journal of the American Medical Association by Albert Einstein College of Medicine at Yeshiva University shows that firefighters who were first on the scene are 44 percent more likely to develop cardiovascular issues than those firefighters who arrived the next day.

In the study, it also said that firefighters who worked on the scene for six months or more were 30 percent more likely to suffer from cardiovascular issues such as heart attack and strokes.

Although more lives are likely to be lost as the years go on, first responders with conditions relating to 9/11 illnesses are covered by federal law after new legislation was passed earlier this year that provides first responders with compensation.

The following names will be added to the WTC Memorial Wall:

- Firefighter Anthony Alese Engine, Company 9
- Doctor Michael G. Guttenberg, Bureau of Health Services
- Captain Victor C. Valva, Engine Company 167
- Firefighter Brent G. Crobak, Engine Company 251
- Firefighter Charles Williams, Ladder Company 111
- Battalion Chief Robert P. Miuccio, battalion 22
- Firefighter Michael T. McDonald, Ladder Company 128
- Firefighter Jimmy Martinez, Engine Company 157
- Firefighter Dennis G. Heaney, Ladder Company 157
- Firefighter John R. Elges, Ladder Company 134
- EMT Felipe A. Torre, Bureau of Training
- Paramedic Martha Stewart, EMS Station 8
- EMT Joseph A. Rodriguez, EMS Station 58
- Firefighter Daniel C. Bove, Engine Company 251
- Captain John S. Moschella, Engine Company 26
- Firefighter Richard H. Meehan, Battalion 06
- Lieutenant Timothy P. O'Neill, Ladder Company 5
- Firefighter Kevin E. Lennon, Ladder Company 175
- Lieutenant John T. Moran, Ladder Company 41
- Firefighter Lloyd W. Stuart, Engine Company 3
- Firefighter Kevin J. Nolan, Engine Company 79

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Vaping products are displayed for sale in a shop in Manhattan in New York City. REUTERS

Fifth person dies from vaping-related lung disease in US: CDC

Illnesses likely linked to chemical exposure, agency says.

A Los Angeles County resident has died from a lung illness possibly tied to vaping, bringing the total number of such U.S. deaths to five, health officials said on Friday.

Officials are warning against e-cigarette use as the exact cause of any link between vaping and the lung condition remains unknown.

The unidentified person was described as an older adult who had chronic underlying health conditions and was one of 12 cases of people in Los Angeles County experiencing severe and sudden lung disease after a history of vaping, said Muntu Davis, the health officer of the Los Angeles County Department of Public Health.

"Our recommendation ... is that if you don't have to vape, don't do it right now. There really is a lot of unknowns. There is a lot of information that needs to be gathered," he said during a news conference.

Deaths have also been confirmed in Illinois, Indiana, Minnesota and Oregon, the U.S. Centers for Disease Control and Prevention (CDC) said on Friday. In addition, the agency is probing 450 cases of lung illness that may have been caused by e-cigarette use around the country.

The CDC said the total count of confirmed cases of illness linked to vaping remained at 215, the same as its update last month, but a number of other cases of lung illnesses remained under investigation.

Staff from health agencies, including the U.S. Food and Drug Administration (FDA), said they have not linked the illnesses to any specific e-cigarette product or any particular substance in the e-cigarettes.

The FDA said on Friday many of the samples tested by the states or by the agency as part of the investigation contain tetrahydrocannabinol (or THC), the psychoactive component of cannabis. Most of those samples with THC tested also contained significant amounts of Vitamin E acetate, the agency said.

"Consumers are urged to avoid buying vaping products on the street, and to refrain from using THC oil or modifying/adding any substances to products purchased in stores," the FDA said in a statement.

The CDC said no evidence of infectious diseases has been identified and therefore the lung illnesses are likely associated with a chemical exposure.

"Something has to be done. There's not enough regulation. There's not enough action taken by our politicians," said Tim Johnson during a news conference in Illinois on Thursday after his daughter fell ill with a lung illness believed to have been caused by vaping. "We may have dodged a bullet with our daughter."

> **"Our recommendation ... is that if you don't have to vape, don't do it right now. There really is a lot of unknowns. There is a lot of information that needs to be gathered."**
>
> **Muntu Davis, health officer, L.A. County Dept. of Public Health**

E-cigarettes are generally thought to be safer than traditional cigarettes, which kill up to half of all lifetime users, according to the World Health Organization. But the long-term health effects of vaping are largely unknown. REUTERS

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Taliban says 'more losses to US' after Trump abruptly ends Afghan peace talks

U.S. president criticized for planning to meet group stateside.

President Donald Trump's decision to cancel Afghan peace talks will cost more American lives, the Taliban said on Sunday while the United States promised to keep up military pressure on the militants, in a stunning reversal of efforts to forge a deal ending nearly 20 years of war in Afghanistan.

The Islamist group issued a statement hours after Trump unexpectedly canceled planned secret talks with the Taliban's "major leaders" at the presidential compound in Camp David, Maryland. He broke off the talks after the Taliban claimed responsibility for an attack in Kabul last week that killed an American soldier and 11 others.

Zabihullah Mujahid, a Taliban spokesman, criticized Trump for calling off the dialogue and said U.S. forces have been pounding Afghanistan with attacks at the same time.

"This will lead to more losses to the U.S.," he said in a statement. "Its credibility will be affected, its anti-peace stance will be exposed to the world, losses to lives and assets will increase."

In Washington, Secretary of State Mike Pompeo said that Afghan peace talks were on hold and Washington would not withdraw troops from the region until it was convinced the Taliban could follow through on any significant commitments.

The United States has recalled U.S. special envoy for Afghanistan Zalmay Khalilzad to chart the path forward, Pompeo said in appearances on Sunday TV news shows. Asked on "Fox News Sunday" whether Afghan talks were dead, Pompeo said, "For the time being they are."

Sediq Sediqqi, spokesperson for the president of Afghanistan, speaks during a press conference in Kabul. ALL GETTY IMAGES

Trump has long wanted to end U.S. involvement in Afghanistan — since his days as a candidate — and American diplomats have been talking with Taliban representatives for months about a plan to withdraw thousands of American troops in exchange for security guarantees by the Taliban.

U.S. and Taliban negotiators struck a draft peace deal last week that could have led to a drawdown of troops from America's longest war. There are currently 14,000 U.S. forces as well as thousands of other NATO troops in the country, 18 years after its invasion by a U.S.-led coalition following the Sept. 11, 2001, al Qaeda attacks on the United States.

Fighting in Afghanistan has continued amid the talks and recent assaults by the Taliban cast doubts over the draft deal.

CAMP DAVID SURPRISE

Asked about the Camp David meeting scheduled for Sunday, Pompeo said Trump decided to get personally involved to get the agreement to the finish line.

"President Trump ultimately made the decision," Pompeo told Fox. "He said, 'I want to talk to (President) Ashraf Ghani. I want to talk to these Taliban negotiators. I want to look them in the eye. I want to see if we can get to the final outcome we needed.'"

Trump was criticized, even by some fellow Republicans, for having offered to host on U.S. soil a militant group that has killed American troops and had sheltered al Qaeda leader Osama bin Laden after the Sept. 11, 2001 attacks.

Republican U.S. Reps. Adam Kinzinger and Liz Cheney said the Taliban were still fighting Americans and harboring its enemies.

"Camp David is where America's leaders met to plan our response after al Qaeda, supported by the Taliban, killed 3,000 Americans on 9/11," Cheney, whose father, Dick Cheney, was U.S. vice president at the time of the attacks, wrote on Twitter on Sunday. "No member of the Taliban should set foot there. Ever."

Americans will on Wednesday mark the 18th anniversary of the al Qaeda attacks that killed more than 3,000 people in New York, Washington and Pennsylvania. REUTERS

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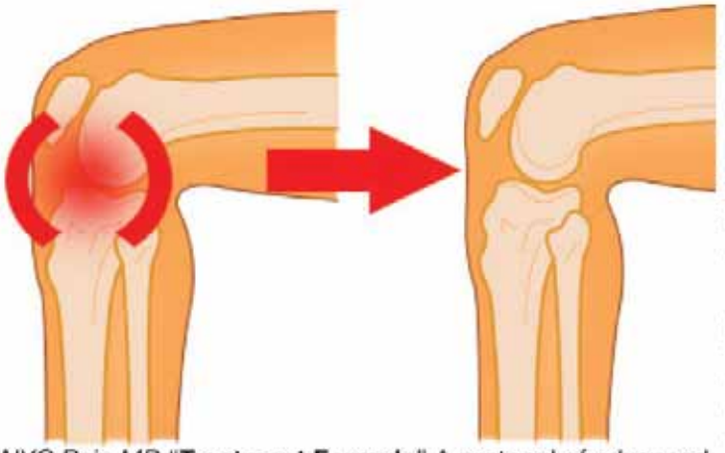

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Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

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Protesters hold signs and U.S. flags during a rally in Hong Kong, China. REUTERS IMAGES

Thousands of Hong Kong protesters call on Trump to 'liberate' city

Twelfth week of unrest sees message shift to democracy.

Hong Kong police fired tear gas to disperse protesters in the upmarket Causeway Bay shopping district on Sunday, after demonstrators had rallied at the U.S. Consulate calling for help in bringing democracy to the Chinese-ruled city.

Police moved on protesters from the Central business district who dispersed to nearby Admiralty, the bar district of Wan Chai and on to Causeway Bay in a now familiar pattern of cat-and-mouse clashes over three months of unrest.

Activists set barricades, smashed windows, started street fires and vandalized the MTR metro station in Central, the smartest district of the former British colony.

Central district, home to banks, jewelry shops and top-brand shopping arcades, was awash in graffiti, broken glass and bricks torn up from pathways. Protesters set fires from cardboard boxes, building barricades with metal fencing.

"We can't leave because there are riot police," said protesters Oscar, 20, in Causeway Bay. "They fired tear gas from the station. We are heading to North Point."

North Point is east of Causeway Bay.

Thousands of protesters earlier sang the Star Spangled Banner and called on President Donald Trump to "liberate" the city. They waved the Stars and Stripes and placards demanding democracy.

"Fight for freedom, stand with Hong Kong," they shouted before handing over petitions at the U.S. Consulate. "Resist Beijing, liberate Hong Kong."

U.S. Defense Secretary Mark Esper on Saturday urged China to exercise restraint in Hong Kong, which returned to Chinese rule in 1997.

Esper made his call in Paris as police in Hong Kong prevented protesters from blocking access to the airport but fired tear gas for a second night running in the densely populated district of Mong Kok.

Pockets of protest broke out in Kowloon over the harbor from the main island of Hong Kong on Sunday night, including in Prince Edward, close to Mong Kok.

Last month Trump suggested China should "humanely" settle the problem in Hong Kong before a trade deal is reached with Washington. Earlier Trump called the protests "riots" that were a matter for China to deal with.

The vandalism started in the evening. Police have responded to violence over 14 weeks with water cannon, rubber bullets and tear gas.

Several arrests were made.

Hong Kong returned to China under a "one country, two systems" formula that guarantees freedoms not enjoyed on the mainland. Many Hong Kong residents fear Beijing is eroding that autonomy.

"FOMENTING UNREST"

China denies the accusation of meddling and says Hong Kong is an internal affair. It has denounced the protests, accusing the United States and Britain of fomenting unrest, and warned of the damage to the economy.

Hong Kong leader Carrie Lam announced concessions last week aimed at ending the protests, including formally scrapping a hugely unpopular extradition bill, which ignited the unrest in June. Many protesters said it was too little, too late.

The demonstrations have long since broadened into calls for democracy. REUTERS

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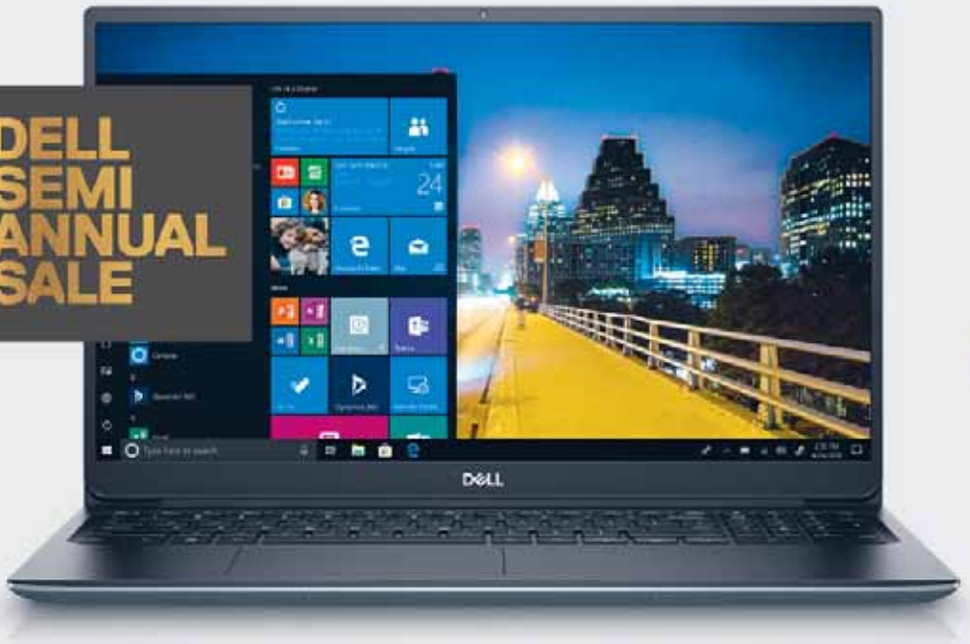

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ISTOCK IMAGES

Study shows you should read before bed

Need sleep? You may want to crack a book.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A new study done by Sleep Junkie sheds light on the one thing you should do before turning in for the night.

The organization, which was founded by "a bunch of lifetime insomniacs who wanted something better than restless nights," recently conducted a study that showed 17 percent of those surveyed had a better quality of sleep when they read a book before hitting the lights.

According to the study, the snoozers who read before bed caught an additional hour and 37 minutes more sleep then non-bedtime readers. On average, the pre-sleep readers spent about 43 minutes reading in bed. Over 80 percent of participants felt that reading before bed helped them relax.

Only 15 percent of respondents said they read five or more nights a week in bed. Coming in second place, 12 percent of people read in bed three to four nights a week.

When it comes to print, tablet/phone or e-reader, 44 percent of people surveyed prefer to read traditional print books; 38 percent prefer e-readers and the other 17 percent read on their phones. Instead of reading, 72 percent of respondents said they used tech in bed five or more nights a week. Out of that 72 percent, 86 of tech users played with their cellphones in bed.

But about 33 percent of people who use their phones before bed struggle to sleep. Experts believe the blue light emitted from phones and other tech can throw off the body's circadian rhythm.

When it comes to bedtime readers, they are all about healthy habits. Fifty-six percent of them report eating healthy food as opposed to 44 percent of nonreaders. And 57 percent of bedtime readers engage in healthy recreation; only 43 percent of nonreaders felt that they participated in those same activities.

So, is reading before bed a good habit to start? Maybe, seeing as 96 percent of bedtime readers would recommend the habit to others.

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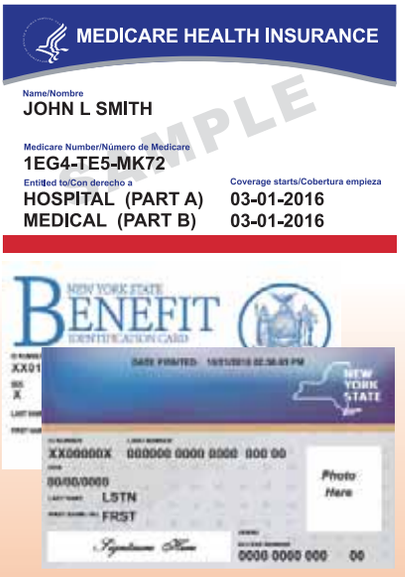

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

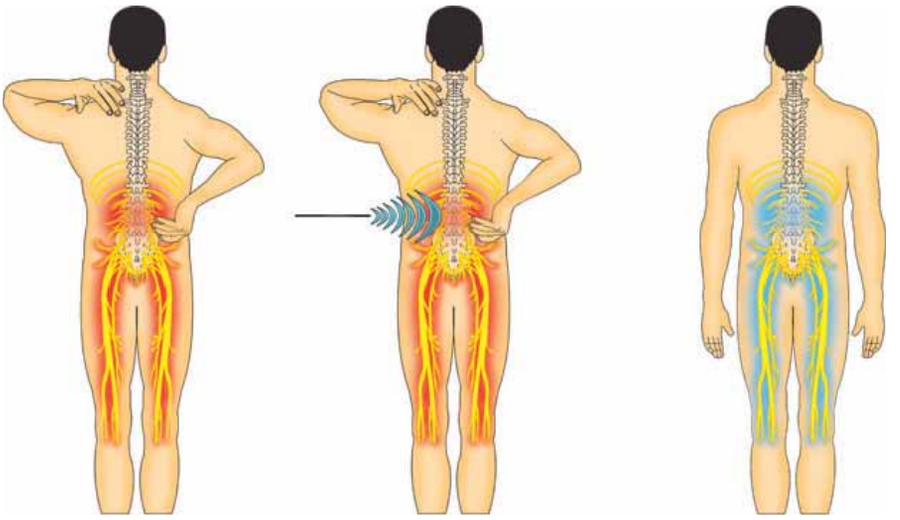
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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The iconic actress Geena Davis. GETTY

Geena Davis demands gender balance in media

Oscar-winning actress and advocate Geena Davis brings discrimination in Hollywood to full view in her documentary "This Changes Everything." Davis will receive an honorary Oscar in October for her work in increasing the representation of women in entertainment.

JOHANNA JUNTUNEN
letters@metro.us

After the iconic actress Geena Davis won an Oscar for "The Accidental Tourist" (1988), all doors in Hollywood have opened for her. She became a superstar after "Thelma & Louise" (1991) with another Oscar nomination, and conquered baseball with "A League of Their Own" (1992). Success of those movies with both female leads and directors (Callie Khouri, Penny Marshall) was a clear sign that things were moving to the right direction.

"Everybody told me after 'Thelma & Louise' that now we're going to see more movies about women, starring women. But it didn't happen," Davis told at the L.A. Press Club in Hollywood.

The momentum died down, and everything went back to the way it was. Soon Davis couldn't find interesting roles for women, and decided to focus on other things. She founded The Geena Davis Institute on Gender in Media (GDIGM) in 2004 to improve the balance and reduce stereotyping of women and girls in film and television.

"I was showing this carefully selected TV program to my toddler, but I was horrified that there were so many more male characters than female. We were teaching kids to have a conscious gender bias from Minute One!"

Davis was sure that others have noticed it, too, and started mentioning it at every meeting in Hollywood.

"They said that it's not a problem anymore, it's been fixed! But you can't just assume if you don't have the numbers. That's when I decided to do something about it."

Research done at the institute shows how men outnumber women in leading roles, speaking time, and screen time. It is even worse in children's entertainment, where males exceed females in all three areas with 60-to-40 percent advantage.

"All I want is that boys and girls see that they are equally interesting, smart, and funny. They are each half of the population. Let's reflect it!"

Data from several studies conducted by GDIGM pop up in the documentary "This Changes Everything," with Davis as executive producer. She also appears in it along with other A-list actresses such as Meryl Streep, Cate Blanchett, Reese Witherspoon and Natalie Portman.

"I have worked with two female directors and one of them was me," says Portman in the documentary.

This is not surprising since nearly every (92 percent) top-grossing film of 2018 was directed by a man. Directors Catherine Hardwicke ("Thirteen," "Twilight") and Kimberly Peirce ("Boys Don't Cry," "Carrie") know firsthand what that means. They explain how the system offers men better projects and helps them be more successful.

"I didn't think there was sexism since they let me make a movie, but I learned that exceptionalism does not prove the rule. I noticed that women were succeeding downwards and men were failing upwards," Peirce laments.

Besides being offered more opportunities, male directors get bigger budgets, wider distribution, and bonuses such as cars. After "Twilight" (2008) performed twice as well in the opening weekend than the studio had anticipated, director Catherine Hardwicke was hopeful. The vampire movie catapulted Kristen Stewart and Robert Pattinson into hyper-celebrity, and launched the franchise that made nearly $400 million worldwide.

"When I was traveling with the movie as it opened in other countries, the head of marketing would walk past me toward Rob and Kristen and ask what color of car they would want. All I got was a mini-cupcake in the office," Hardwicke says.

She laughs at the memory now, but expected to get bigger budget movies right after the success of Twilight.

"The next movie I got had a smaller budget and I got paid less, which was shocking."

Another exceptional woman succeeded downwards.

"Until I heard Geena talk about these issues, I thought it was only me who was treated this way."

Davis points out in the documentary that systemic gender discrimination inside the film industry impacts the whole world. A balanced industry would not only enrich our cultural world, but offer positive and important role models for young girls.

"If she can see it, she can be it," the institute states on its website (seejane.org).

The actor-advocate has taken the data directly to the decision makers. There have been some improvements in hiring practices, the percentage of family films with a female lead has doubled in the past four years, and Disney announced that 40 percent of their upcoming movies will have a female director.

Davis will be honored with the Jean Hersholt Humanitarian Award by the Academy of Motion Picture Arts and Sciences on Oct. 27.

metro.us/horoscopes

Aries Travel far and wide physically, spiritually or intellectually to find answers. Your quest for the truth will be what points you in the right direction.

Taurus Look for new beginnings. Eliminate what isn't working for you and move on to people and projects that you can adapt to quickly. If you go with the flow, opportunities will manifest.

Gemini Prepare before you make a move. Know with whom you are dealing and what's expected of you before you decide to sign up for something time-consuming or expensive.

Cancer Step into the spotlight and present what you have to offer. Your words will resonate with people who feel the same way you do. Partnerships can be developed.

Leo Don't alter your plans just because someone else takes a different path. Stick to what works best for you. Moderation should be implemented into whatever you decide to do.

Virgo Take action. Nothing will happen if you don't make an effort to direct your energy in a positive direction that will bear fruit. Use your imagination, strength and desire to advance.

Libra Work quietly on your own if you want to get the most done in the shortest amount of time. If you make a fuss, someone will interfere in your business.

Scorpio If you get together with someone you've worked with in the past, you'll be offered information that can help you excel. A change at home will turn out better than anticipated.

Sagittarius Don't be fooled by someone's rhetoric. If you listen carefully, you will realize much of the information offered is cockamamie and won't deliver concrete results. When in doubt, ask questions.

Capricorn If you concentrate on what you are trying to accomplish, you will be pleased with the results. A change at home will put your mind at ease regarding financial, health or legal issues.

Aquarius An open mind will help you assess a situation from every angle and reduce your chance of risk. When in doubt, go to an expert to obtain up-to-date information.

Pisces You can dream, but when it comes down to actually getting things done, a practical approach will be in your best interest. A partnership looks promising if equality can be maintained. EUGENIA LAST

4 NYC Food festivals coming this fall

Fall is coming, and so is the food festival season.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

Fall is finally here and so is food festival season. As the weather cools down in New York City, some kitchens are heating up. This autumn, the city is welcoming several food festivals. From pizza festivals and beyond, New York City has something for everyone's palate.

If you're craving something new or want to explore specific foods a bit more, we've got you covered.

We rounded up some of the best food festivals throughout the city for you to check out every weekend this autumn.

TASTE Williamsburg Greenpoint
This festival is all about North Brooklyn's excellent food. Not only does this festival focus on food, but it also helps benefit the Firehouse North Brooklyn Community Center. This year marks the festival's 10th year, which is a block-style tasting event. If you're attending, don't forget to check out Midnights Firehouse chicken sandwich. *$50-$110, Sept. 15, 1-4 p.m., East River State Park (90 Kent Ave.); to purchase tickets, go to tastewg.com*

Harvest in the Square
Harvest in the Square makes its return for its 24th year. Much like the listing above, it has a hyper-focus on showcasing spots in the Union Square area. A ticket will get you an unlimited tasting of everything paired with New York brews and booze. Some stand-out items includes Bocce USQ's pizza with roasted brussels sprouts, caramelized onions, and fresh mozzarella cheese. Another exciting option is the Nutella Café's Poundcake Panzanella with yogurt and seasonal fruits. *$99-$500, Sept. 19, 7-9 p.m. (6 p.m. for VIP), Union Square Park, North Plaza; to order tickets, go to harvestinthesquare.nyc (you can purchase tickets on-site at Box Office at Union Square West and 16th Street ONLY ON THE DAY OF, but prices will go up)*

New York Times Food Festival
The New York Times is holding its first-ever food festival this fall. The two-day event will feature three sections: "The Park," "The Talks" and "The Night." The Park will have a bunch of restaurants where you can go and taste things. The Talks will be lectures you can book for an additional price, featuring experts in the industry. The Nights will be a unique dining experience at the ticketed restaurant. You will be able to purchase an item from the restaurants within the park area. The big standout is a collaboration between NYT and Ample Hills Creamery, an ice cream called "The Flavor of Record." The flavor will have a sweet cream base with fudge swirls and house-made black-and-white cookies. *$25-$45, Oct. 5-6; The Park open Saturday from noon- 6 p.m., Sunday from noon to 5 p.m.; The Talks scheduled for Saturday from 11 a.m. to 8 p.m., Sunday from 10 a.m. to 7 p.m.; Bryant Park; to purchase tickets, go to nytfoodfestival.com*

New York Pizza Festival
This year, NYC is having its second-ever pizza festival. The two-day event will have pizza from over 30 different vendors from across the country. Entry to the event is free, but tickets are required to taste the pizza and drinks. Some coveted slices include John Arena of Metro Pizza in Las Vegas and Don Antonio in New York. *$20-$100, Oct. 5-6, noon-5 p.m., Crescent Avenue, Bronx; to purchase tickets, go to nycpizzafestival.com*

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Knee Arthritis Pain?
10 Year Medical Study Reveals Knee Replacement Avoided With Newest Medical Treatment In 3 of 4 Cases

If you suffer with painful knee arthritis – science may have finally found the answer you've been looking for.

Here's why: What should be looked at as a landmark and startling study by the medical world, research published by a noted Orthopedic Surgeon in the Journal Of Knee Surgery revealed that 75% of those with Grade IV (often called "bone on bone") knee arthritis were able to avoid the surgery more than 7 years and beyond.

When doctors accurately placed FDA approved lubricating medicines using advanced imaging into almost 2000 arthritic knees (like putting oil on a rusty door hinge or automobile engine) the majority of patients actually responded well enough to avoid major and complex knee replacement surgery. But, the procedure needs to be done by experienced doctors using the best technology for optimum technique and results.

Know this: This is an FDA-cleared REAL medical treatment that must be given by a skilled professional.

These special treatments are now available right here in NYC for Tri-State area arthritis sufferers. And many insurances, even Medicare, cover these treatments for qualified patients.

More Good News: *NYC Pain MD*, the NYC area's "go to' medical group for non-surgical arthritis pain management is now offering these simple, in-office treatment programs and offers a No-Cost, No-Obligation screening appointment to find out if you qualify. To speak with a scheduling coordinator about a screening appointment, just call 877-228-5490.

4 Car-buying tips from my days as an undercover salesman

NerdWallet is a personal finance website.

Some years ago, I became an undercover car salesman at two different dealerships in Southern California, as part of an investigative series for an automotive website. What I learned surprised and scared me, as I described in the resulting article, "Confessions of a Car Salesman."

Selling cars turned out to be the perfect training for my current job as a consumer advocate and autos editor for NerdWallet. While I posed as a "green pea" — the nickname for a beginner car salesperson — the sales managers freely revealed their secrets to me so that I would move the metal and, in turn, make money for them.

Here are just a few of the things I learned and how you can safely navigate the car-buying process.

ISTOCK

1. Test-drive your car salesperson

Believe it or not, I felt sympathy for many of the salespeople I worked with. They face long hours, hostility from customers and constant pressure from managers who watch from "the tower," a raised platform overlooking the car lot. Later, as I used my insider knowledge to buy more than 100 cars for an automotive website, I met many honest, intelligent, helpful car salespeople. But the work of these "good apples" was often spoiled by a rotten batch of uninformed sales stereotypes — not to mention some manipulative and even underhanded dealership managers.

I like to tell people that they should test-drive car salespeople before they test-drive the car. Here are a few things to ask yourself: Are they informed about the cars they are selling? Do they listen well and respond to your questions? Will you feel comfortable negotiating with them?

2. Check the 'book' value

It takes only a minute to look up the current market value of a car — and yet many shoppers wander onto the car lot without any idea of what they should pay. This one little data point would provide an amazing amount of protection. But as an undercover car salesman, I had to stand by and watch trusting, ordinary buyers overpay for their new cars.

So take a moment and check a pricing guide such as Edmunds or Kelley Blue Book for the current market value of the car you want. Bring this information with you, or download a pricing app to check prices on the fly.

3. Don't be a monthly-payment buyer

"What kind of monthly payment are you folks looking for?" This helpful-sounding question is the favorite trick of car salespeople everywhere. And if you answer, it can be a financial disaster for you. While it sounds like the salesperson is concerned about your budget, it's the opening gambit for a tactic called "packing payments." If the dealer can get you to negotiate a monthly payment rather than the purchase price of the car, it's easy to add in — or "pack" — extras and make you overpay.

Getting a preapproved car loan and telling the salesperson you are a "cash buyer" is an easy way to deflect this trick.

4. Be ready to walk

You could walk into a dealership and have the same high-pressure experience your father had when he bought cars decades ago. Or you could have a mellow, enjoyable shopping experience where you get a fair deal.

If you get a bad vibe, if you don't like your salesperson, beat a hasty retreat — instead of going to war, go to another dealership. **PHILIP REED**

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Same old Jets: Gang Green blows late lead, drops Week 1 to lowly Bills

Gang Green let a 16-0 lead slip away in Adam Gase's debut.

JOE PANTORNO
joseph.pantorno@metro.us

New coach, new look, new faces, same Jets.

Josh Allen's 38-yard touchdown pass to John Brown with three minutes left in the game lifted the Buffalo Bills to a come-from-behind 17-16 victory over the Jets on Sunday afternoon.

The Jets defense, which was lights-out for most of the game, allowed 17 unanswered points as they blew a 16-0 advantage and a 13-point lead entering the final quarter.

The loss is even worse when considering rookie kicker Kaare Vedvik left four points on the table, missing an extra point in the first quarter and a 45-yard field-goal attempt in the second.

It's a less-than-auspicious debut for new head coach Adam Gase and second-year quarterback Sam Darnold, who are at the helm of a Jets team that is all too familiar with late collapses. New York blew four fourth-quarter leads last season under former head coach Todd Bowles.

Even in the difficult loss, Jets fans had every right to feel optimistic about their defense under new coordinator Gregg Williams during the first three quarters.

They accounted for eight points on the day, forcing four turnovers in the Bills' first six possessions in the first half.

Josh Allen and the Bills shocked the Jets with a late comeback. GETTY IMAGES

Linebacker CJ Mosley — who made his Jets debut on Sunday after signing in free agency from the Baltimore Ravens — had two of those first four takeaways, including a pick-six to open the scoring before a groin injury forced him out of the game in the second half and turned Gang Green's fortunes.

Allen's first pass of Buffalo's second drive went through the hands of ex-Cowboy receiver Cole Beasley and into the hip of Mosley. The veteran rumbled 17 yards untouched for the game's first touchdown.

He added a second-quarter fumble recovery after rookie nose tackle Quinnen Williams disrupted a snap that resulted in the ball not even getting to Allen. The Jets' third turnover of the afternoon stymied another good-looking Buffalo drive that wound inside New York's 40-yard-line.

The defense continued to make the big plays in the second half, stopping Buffalo running back Frank Gore in the end zone for a safety on the Bills' first offensive play of the second half.

With their possession stemming off the safety, the Jets offense finally pieced together a scoring drive despite a Ryan Griffin touchdown being overturned by a reviewed offensive pass interference.

They had to run two extra plays, but it was Le'Veon Bell who got his first touchdown as a Jet — a nine-yard reception to put the Jets up by two possessions. He even came down with the ensuing two-point conversion attempt on a jump ball the very next play.

The star running back recorded 92 total yards on the day with that lone score.

Williams' defense relented, especially when Mosley went down with a game-ending groin injury. The Jets allowed the Bills to score on three straight possessions, including an Allen three-yard scramble with 10:21 remaining in the game before the young quarterback's late dagger to Brown down the left sideline.

METRO'S 3 STARS OF THE GAME

1. **JOHN BROWN (BUF)** *7 CATCHES, 123 YARDS, 1 TD*
2. **CJ MOSLEY (NYJ)** *1 INT, 1 FUM REC, 1 TD*
3. **LE'VEON BELL (NYJ)** *92 TOTAL YARDS, 1 TD*

Giants' dormant D gets thrashed by Dak, Cowboys

Most people around the NFL expected 2019 to be a long season for the New York Giants. Week 1 only confirmed it.

The Giants were ripped apart by the Cowboys in Dallas, 35-17, as their defense had no answer for Dak Prescott and the passing game.

The fourth-year quarterback went off for 405 yards and four touchdowns, sharing the wealth with receivers Amari Cooper and Michael Gallup, both of whom recorded over 100 yards against the shaky Giants defense.

Prescott became just the second Cowboy in franchise history to record a perfect quarterback rating of 158.3 during a regular-season game.

If there was any thought that a sophomore slump would be waiting for Giants star running Saquon Barkley, it was dispelled rather quickly.

The talismanic rusher was let loose for a 59-yard run on his first carry of the season to set up the Giants' opening score on their first drive of the season, a one-yard touchdown reception by Evan Engram from Eli Manning.

Those good feelings, however, ended rather quickly as the offense would not record another touchdown until late in the fourth quarter while the defense under second-year coordinator James Bettcher showed its blatant inexperience, especially in the secondary, and the head coaching of Pat Shurmur limited Barkley once again.

Jason Witten caught Dak Prescott's second touchdown of the day after coming out of retirement. GETTY IMAGES

The Cowboys reeled off five straight touchdowns on consecutive possessions between the first and second half, exposing just how big a problem the Giants defense might be this season.

In the first half alone, Dallas put up over 300 yards of total offense with Dak Prescott passing for 256 of those and all three of the Cowboys' touchdowns.

Prescott's fourth touchdown of the day — a 25-yard strike to Randall Cobb — quickly negated any sort of progress made by the Giants after an Aldrick Rosas field goal midway through the third quarter.

In the meantime, Barkley was used sparingly despite the Cowboys showing an inability to stop him. Shurmur only called the superstar's number 11 times on the ground despite averaging 10.9 yards per carry.

Along with his 120 rushing yards, Barkley added 19 receiving yards on four receptions.

As will be the case all season, however, eyes fell under center as Manning's reps were watched with due diligence as rookie Daniel Jones waits in the wings as the perceived quarterback of the future.

The 38-year-old's numbers were commendable against a solid Cowboys defense, completing 30-of-44 passes for 306 yards and one touchdown. But Manning's aerial attack was predicated solely on check-downs and screen passes, which takes out any sort of venom from the offense.

In a blowout game with 1:46 remaining, Jones got the call to run the Giants' offense during their final drive. After a strong preseason showing, Jones completed two-of-three passes for 17 yards before fumbling on a scramble attempt that gained a first down.

The decision to play Jones was more likely to preserve the veteran Manning rather than bring an end to his 16-year era at the helm of New York's offense, but expect this to be a weekly conundrum faced by Shurmur all year.

METRO'S 3 STARS OF THE GAME

1. **DAK PRESCOTT (DAL)** *25/32, 405 YARDS, 4 TD*
2. **MICHAEL GALLUP (DAL)** *7 CATCHES, 158 YARDS*
3. **SAQUON BARKLEY (NYG)** *11 RUSHES, 120 YARDS*

JOE PANTORNO

Serena must wait for major No. 24

Williams was soundly beaten in straight sets by Canadian youngster Bianca Andreescu.

ADAM ZAGORIA
sports@metro.us

Serena Williams was defeated by Bianca Andreescu at the U.S. Open final. GETTY IMAGES

Serena Williams will have to wait until 2020 to try to tie Margaret Court in the record books.

For the fourth straight time in a Grand Slam final, Serena came up short against a superior opponent, this time falling to 19-year-old Canadian star Bianca Andreescu, 6-3, 7-5, in the U.S. Open final before 26,191 spectators — including Meghan Markle — at Arthur Ashe Stadium.

Serena remains stuck on 23 Grand Slam titles, one shy of Court's all-time mark of 24. She is now 0-4 in her last four attempts at winning a major as a mother, falling in back-to-back U.S. Open and Wimbledon finals. She was attempting to join a select group of moms to win a Grand Slam title.

"Bianca played an unbelievable match and congratulations," Williams, who turns 38 this month, said courtside. "So proud and happy for you. It was incredible tennis out there. If anyone could win this tournament outside of Venus, I'm happy it's Bianca."

Andreescu, meantime, became the first Canadian man or woman ever to capture a Grand Slam singles title. Milos Raonic and Genie Bouchard both lost in Wimbledon finals. She is also the first teenager to win a Slam since Maria Sharapova at the Open in 2006.

"Oh man, it wasn't easy at all," Andreescu said. "I tried to prepare my best. I tried to step on the court and not focus on who I'm playing. That's easy to say but I'm really proud of how I dealt with everything."

Andreescu appears to have the power, mentality and all-around game to become world No. 1 and to win multiple Slams going forward.

"I hope so, I hope so, that's going to be our mandate, all of us around her," her coach Sylvain Bruneau said on ESPN. "She's 19, there's a full career ahead of her so we're going to try to make a lot of other good things happen."

Andreescu said she plans to be greedy and win more major titles going forward.

"I love this feeling way too much," she said. "I'm the type of person who's never satisfied and I'm looking forward to this for many years to come."

As a young girl, Andreescu wrote herself a mock winner's check for the U.S. Open to motivate herself. It wasn't quite the $3.85 million she took home Saturday, but it apparently worked.

"I just kept visualizing this moment and I just never let up and kept fighting for my dreams," she said on ESPN.

Leading 5-1 in the second set, Andreescu had a match point on her serve but couldn't close it out. Serena won four straight games to tie it at 5-all and Andreescu admitted to some nerves as the crowd roared for a Serena comeback.

"Obviously it was expected for Serena to come back," she said. "That's what she does best. She's a true champion on and off the court."

After Andreescu held for a 6-5 lead, she won the match with a vicious forehand return of serve that went past Serena.

Soon Andreescu and Williams embraced at the net, the Canadian lay down on her back on the court and closed her eyes. Then she climbed up into her box to hug her coach and parents.

While Andreescu will head into the Australian Open in January with a Grand Slam title and plenty of confidence, Serena will be left looking for that elusive No. 24 to finally tie Court. The clock is ticking on her career.

"My team has been so supportive throughout all the downs and downs and downs," Serena said, "and hopefully we'll have some ups soon."

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NOTICE OF SALE

SUPREME COURT -
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Index No.: 1413/2013
Against BELDON SCOTT, ET AL
Defendant(s)

Pursuant to a Judgment of Foreclosure and Sale, duly entered 7/5/2019, I, the undersigned Referee, will sell at public auction, in Courtroom #25 of the Queens County Supreme Court, 88-11 Sutphin Boulevard, Jamaica, NY 11435, on 9/20/2019 at 10:00 am, premises known as 197-20 Linden Blvd, Saint Albans, NY 11412 and described as follows: ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens and County of Queens, City and State of New York and designated on the tax maps of the Queens County Treasurer as Section 1 Block 12618 Lot 10

The approximate amount of the current Judgment lien is $528,846.25 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale;
Index # 1413/2013.

If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee or the Mortgagee's attorney.

Alan Cary Kestenbaum, Esq., Referee.
Leopold & Associates, PLLC,
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Dated: 8/1/19 YW

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20 Liberated
21 Exhales audibly
22 Sagas
24 Cylindrical container
25 Tricks
27 Seashores
30 Building wing
31 Unflinching
33 Uncooked
35 Chicken pieces
36 Sandbar
37 Three biblical kings
38 He-he
39 Frown
40 Many Scandinavians
41 Chap
43 Creamy dessert
44 Gobble up
45 Fundamental
46 Egyptian dam
49 __ out; get rid of gradually
51 "Bobby" subj.
54 Unvarying
56 Liver secretion
57 Nylons
58 Misrepresent
59 Willing to reconsider
60 Part of a date
61 Sporting equipment
62 Sault __. Marie

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10 __ Kong
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13 Acrobat's workplace
18 Sir __ Newton
20 Bend easily
23 Tools with blades
24 Bedspring
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26 __ these days; eventually
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46 In pain
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49 Earnest request
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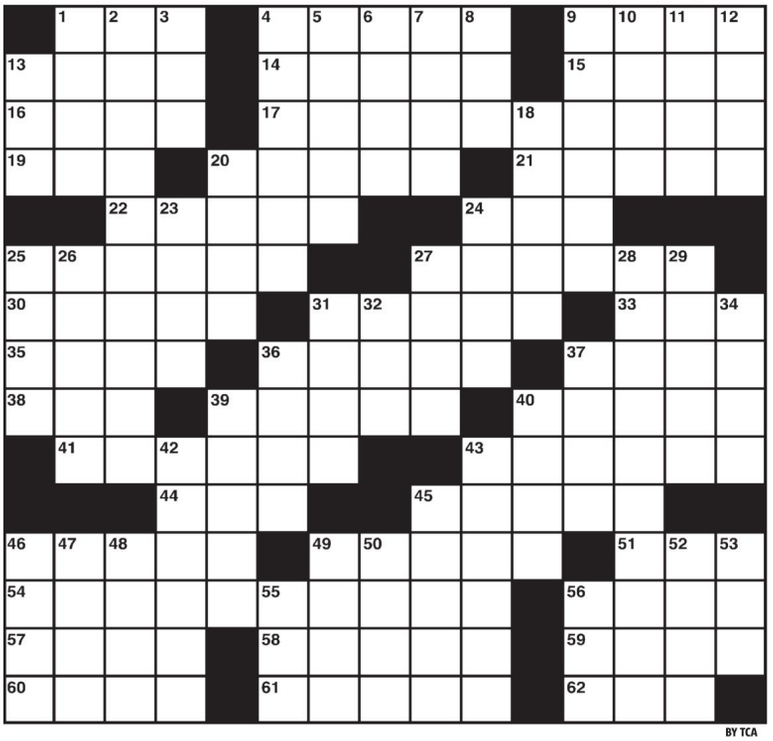
53 Actor Berry
55 Dwindle
56 Derek & others



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T	A	P		D	O	C			M	E	R	G	E	R
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